

LOVE DRAMA

Curriculum for Excellence Workshops



Health and Wellbeing: | Exercise | Bone Idle Boris

Content

This workshop explores different forms of exercise and physical activity. Pupils will be working with our Love Drama facilitator in role as Bone Idle Boris. Boris, as his name suggests, is very lazy and can't be bothered doing anything! Boris is feeling rather low and has no energy and he has decided to ask for some help from some experts. The pupils will embark on a journey of discovery with Boris, helping him through his many problems until they feel he has learned enough and can look after himself. As Boris goes he asks to keep in touch with his helpers and they agree to write to him to check his progress...

Learning Level

Suitable for early and first stages with information and delivery adapted to the needs of your class.

Space

A large clear space, most suitable would be either a gym or assembly hall.

Time

60 minutes

Additional Information

Healthy Living Workshops are most popular during a school's Health Weeks, but can be booked at anytime of the year to promote all aspects of healthy living amongst pupils. Our Healthy Living Workshops are designed to be a fun, active and challenging way of exploring health issues.

As with all of our workshops it is extremely important the class teacher stays with the group at all times. This ensures that the learning experiences and outcomes are shared and that our workshops contribute effectively to the development of each and every young person.

Love Drama prides itself on creating a bespoke service that meets the needs of its clients. Love Drama is flexible and responsive to individual requests and the dissemination of all workshops can be tailored to complement the outcomes and experiences you have included in your forward planning. You may choose to work with us in a one-off session, over four weeks or for the duration of a term, in order to create a learning experience that effectively supports all participants. If you have any queries regarding participation within these workshops, please do not hesitate to contact us.